10   (b) 45 to 85% by weight of a mixture of plant extracts

11   wherein the mixture includes:

12   (1) escolsica californica, matricaria

13   chamomilla, tilia cordata, crategus oxyacantha, and foeniculum

14   vulgaris, or

15   (2) melissa officinalis, escolsica californica,

16   matricaria chamomilla, ruscus aculeatus, foeniculum vulgaris, and

17   silybum marianum; together with a pharmaceutically acceptable inert

18   carrier or diluent.

1   37.   A method of aiding an individual who smokes, to stop

2   smoking, which comprises the step of administering to said individ-

3   ual a therapeutically effective amount of a phytopharmaceutical

4   composition for reducing tobacco smoke addiction which consists

5   essentially of:

6   (a) 10 to 30% by weight of at least one amino acid

7   selected from the group consisting of cysteine, cystine, phenylala-

8   nine, methionine, tryptophan, tyrosine, histidine and glutamic

9   acid; and

10   (b) 45 to 85% by weight of a mixture of plant extracts

11 wherein the mixture includes: melissa officinalis, escolsica

12 californica, matricaria chamomilla, ruscus aculeatus, foeniculum

13 vulgaris, and silybum marianum; together with a pharmaceutically

14 acceptable inert carrier or diluent.

1   38.   A method of aiding an individual who smokes, to stop

2   smoking, which comprises the step of administering to said indi-

3   vidual a therapeutically effective amount of a phytopharmaceutical

4   composition for reducing tobacco smoke addiction which consists

5   essentially of:

6   3.75% by weight tryptophan;

7   3.75% by weight phenylalanine;

8   3.75% by weight tyrosine;

9   3.75% by weight methionine;

10   15% by weight melissa officinalis,

11   15% by weight escolsica californica;

12   15% by weight matricaria chamomilla ;

13   15% by weight ruscus aculeatus;

14   10% by weight foeniculum vulgaria;

15   10% by weight silybum marianum; and

16   4.7% by weight sorbitol.